
RATING OF PERCEIVED EXERTION SCALE

The Rating of Perceived Exertion Scale is an estimate of how intensely a person perceives himself to be exercising. Walkathon training should take place in the light to vigorous range.

EFFORT	TRAINING INTENSITY
Light (4)	40%
Fair (5)	50%
Somewhat hard (6)	60%
Vigorous (7)	70%
Hard (8)	80%
Very hard (9)	90%
All-out effort(10)	100%
